



The Crisis/Support Line is available 24/7 to Women, Men and Youth who are seeking information or support for themselves, friends, family or neighbors. All calls are confidential.

*Anishnaabe Kwewag Gamig Inc.*  
*Shelter's 25th Anniversary*  
*November 16th, 1-3pm*



Help AKG Celebrate 25 years in Service. AKG will hold a small outdoor event to honour all the Women and children who have used AKG services over the past 25 years. AKG would like to celebrate the journey of the shelter for past 25 years. Smoke Trail will drum for us, as well as a Knowledge holder speak to honouring this milestone for Anishnaabe Kwewag Gamig. If you are interested in attending please contact Sherry at (905)352-3898 ext. 3 or [akgcc@eagle.ca](mailto:akgcc@eagle.ca)



### Donations

AKG would like to say Chi Miigwetch to Rob Stevenson and the Medicine Wheel for the BBQ Fundraising opportunity. AKG raised over \$1990.00. Staff would also like to give a shout out to every who has purchased a mug and/ journal from our Fundraising efforts.

Drop-in  
**Art, Tea & Chat**

*Fall Continuation*  
**November & December**  
**Wednesdays, 10-12pm**

Send an email to Sherry to receive the zoom link [akgcc@eagle.ca](mailto:akgcc@eagle.ca)

**All Women Welcome**  
No Cost

Join today

Grab your journal and paint or magazines and scissors. Turn on that kettle. Let's create together, talk, laugh and grow. Each Thursday Sherry will be here creating please join her. Enjoy some social time with other women. Have some discussion about art, life, positives and challenges. This is a self guided group. Sherry is here if you have any questions, need to talk or looking for community resources.

Support Line  
(905)352-3708 Or  
1(800)388-5171  
Admin Line  
(905)352-3898  
[www.akgshelter.ca](http://www.akgshelter.ca)

Let's sip our tea, have some meaningful conversation and create beautiful art!

### Strength & Courage

*It takes strength to hide feelings;  
It takes courage to show them.*

*It takes strength to endure abuse;  
It takes courage to stop it.*

*It takes strength to stand alone;  
It takes courage to lean on another.*

*It takes strength to love;  
It takes courage to be loved.*

*It takes strength to survive;  
It takes courage to live.*

*Author Unknown*



Tips on Having a Conversation with Kids about Remembrance Day

Teaching children about Remembrance Day is very important. Not only will kids be naturally inquisitive about all ceremonial events and the wearing of poppies this time of year, but many families and communities also have a personal connection to the day. Obviously, due to the graphic nature of war, it's also important to speak with children in an age-appropriate manner.

Here are some suggestions for helping children to be included and to remember on Remembrance Day.

**Have a conversation:** set some time aside to speak with your children about the history and significance of the day. And allow for questions.

**Wear a Poppy:** Talk to your children about the reasons why you are wearing a poppy to help them gain a deeper understanding and respect for the day.

**Attend a Remembrance Day Ceremony:** Or just visit the local Alder-ville War Monument and explain the unique and important history of the monument and the local histories.

**Speak with or Attend a Speaking Engagement with a Veteran.**

**Watch Documentaries:** An activity that is best suited for older children. One significant documentary for older children is called, *Forgotten Warriors*, and it is about the contributions of Indigenous service members and veterans and the discrimination they faced when returning home from the World Wars.

**Talk about the Contributions of Women, Indigenous Peoples and People of Colour to the War Efforts.** The Veterans Affairs Canada website provides a wealth of knowledge on some of the often-overlooked contributions of Indigenous, Women, Asian-Canadians and Black-Canadians.



The Poppy is an enduring symbol of remembrance of the First World War. It is linked strongly to Armistice Day on November 11th. However, the origin of the Poppy as a popular symbol of remembrance lies in the landscapes of WW1 because poppies were a common sight, especially on the Western Front.



Resources

- Anishnaabe Kwegaw Gamig .....1-800-388-5171
- Talk4healing .....1-888-200-9997
- Senior Safety Line .....1-866-299-1011
- Kid's Help Phone .....1-800-668-6868

***18th Annual Christmas Hamper Program***

With Christmas Time just around the corner! We know that for some families this time can be a Hard & Stressful time of year.

Santa's little helpers have once again started working on AKG's Christmas Hamper Program. This program is for Women & Children who have accessed AKG's shelter Services. Currently we have a list of 6 Families who are in need of your help for this holiday Season!

We asking for help with sponsorship of families with a list of recommended items, OR any donations of monetary, children's toys, and women's gifts. All donations are greatly appreciated. For further information, to sponsor a family or to donate, please call: 905-352-3898 or 1-800-388-5171



**Family Violence Prevention Worker**

**CALL FOR AN APPOINTMENT**  
905-352-3898 ext.#3  
1-800-388-5171

**Services are confidential, supportive and show compassion to women looking to have that difficult conversation.**